

Instructions for Using the Adult MVM Calculator

Use the label information from the supplement container to enter the specific ingredient amount per serving (not the % Daily Value).

Supplement Facts		
Serving Size: Two (2) capsules		
	Amount per serving	%Daily Value
Vitamin C (as ascorbic acid)	100 mg	167%
Vitamin B-1 (as thiamin)	1.5 mg	100%
Vitamin B-2 (as riboflavin)	1.7 mg	100%
Niacinamide	20 mg	100%
Vitamin B-6	10 mg	500%
(as pyridoxine HCL)		
Folic Acid	1000 mcg	250%
Vitamin B-12	6 mcg	100%
(as cyanocobalamin)		
Biotin	150 mcg	50%
Pantothenic Acid	5 mg	50%
Other ingredients: Gelatin, whey, magnesium stearate, stearic acid.		

The calculator screen will show a default number for each ingredient for adult MVMs, indicating the most common labeled level and its predicted mean level, calculated using the regression equation for that ingredient. Also calculated are the standard errors for the mean and for an individual observation and the percent difference from label for the mean prediction. All of these are per serving values. For more information about the statistical evaluation of adult MVM data, see the *Adult MVM Research Summary* on the DSID website.

1. Enter values for any or all 18 ingredients within the range listed below each box. Press the 'tab' key on your keyboard or click outside the box to view entered data. Your calculated results, including your entered data, will appear in **red**.



Dietary Supplement Ingredient Database



Adult Multivitamin/mineral Calculator						
Restore Default Conversions Save View Saved Help (FAQ)						
Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
<input checked="" type="checkbox"/>	VITAMIN C	<input type="text" value="100"/> mg (1 - 1000)	108 mg	0.96	11	8.4%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	<input type="text" value="30"/> IU (9 - 360)	31.6 IU	0.32	3.4	5.4%

NOTE: If the values entered are outside the range indicated in the brackets, then a message which says "Outside Range" will appear.

<input checked="" type="checkbox"/>	THIAMIN (vitamin B-1)	<input type="text" value="0.5"/> mg (0.75 - 5)	Outside Range	--	--	--
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2. Select the 'Save' link near the top of the page.



Dietary Supplement Ingredient Database



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Restore Default Conversions Save View Saved Help (FAQ)						
Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
<input checked="" type="checkbox"/>	VITAMIN C	<input type="text" value="100"/> mg (4 - 1000)	108 mg	0.96	11	8.4%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	<input type="text" value="30"/> IU (9 - 360)	31.6 IU	0.32	3.4	5.4%

3. Assign a profile name to each set of calculations.

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Select Values to Save	Ingredient in DSID (Common Synonyms)	Labeled Amount Per Serving (Valid Range for Prediction)	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
<input checked="" type="checkbox"/>	VITAMIN C	<input type="text" value="100"/> mg (9 - 150)	108 mg	0.96	11	8.4%
<input type="checkbox"/>	VITAMIN E (dl-alpha tocopherol, d-alpha tocopherol)	<input type="text" value="30"/> IU (9 - 360)	31.6 IU	0.32	3.4	5.4%
<input type="checkbox"/>	VITAMIN B-6	<input type="text" value="2"/> mg (1 - 150)	2.1 mg	0.036	0.31	4.9%

Assign a name for this profile of calculations.

Profile Name:

There are some fields unchanged. Do you want to include default values, or save modified data only, or save checked data?

[Include Default Values](#) | [Use Checked Data Only](#) | [Cancel](#)

- Choose either 'Include Default Values' (to include the original values shown on the data entry screen plus the data you changed) or 'Use Checked Data Only' (to include only the data you changed) to save your profile.
- To add additional profiles to the same file, select 'Add a New Profile' above the columns on the review page. Profiles from all DSID calculators can be saved in one file if desired. **[NOTE:** In order to save these files onto your computer, your browser security settings must be configured to allow cookies.]



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Stored Profiles

This page lists all profiles you want to save. Click "Restart" to remove all these profiles and restart the procedure; click "Add A New Profile" to generate a new profile; click "Save To A File" link to export them into a Microsoft Excel file.

[Restart](#) [Add A New Profile](#) [Save To A File](#) [Help \(FAQ\)](#)


Name	DSID Calculator	Details						
84948	MVM_ADULT	Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean	remove profile
		VITAMIN C	100 mg	108	0.96	11	8.4%	
		VITAMIN E	30 IU	31.6	0.32	3.4	5.4%	
		THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%	

- In the next window, view your results and save them as an Excel file (.xls) by selecting 'Save To A File' and filling in the name of your file.



National Institutes
of Health
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Name	DSID Calculator	Details					
84948	MVM_ADULT						remove profile
		Nutrient	Labeled Amount Per Serving	Predicted Mean Value Per Serving	Standard Error for Predicted Mean	Standard Error for Predicted Observation	% Difference From Label for Predicted Mean
		VITAMIN C	100 mg	108	0.96	11	8.4%
		VITAMIN E	30 IU	31.6	0.32	3.4	5.4%
		THIAMIN	1.5 mg	1.4	0.026	0.24	-6.4%

- To open a saved file, go to the directory on your computer (in Windows, probably in the My Documents directory) where the file was saved and open using Microsoft Excel. Once the file is saved, it can be manually modified and sorted.

NOTE: Predictions generated from the MVM Nutrient Calculators are estimates and are valid only for interpretation as indicated in the DSID documentation.